

MIDDLETOWN



Prime Times

A Monthly Publication of Programming, Events, and News for Middletown Residents 60+

150 William Street

(860) 638-4540

www.cityofmiddletown.com/seniors



Book Club

Are you interested in joining our book club? The first book that we will be reading is "Under the Tuscan Sun" by Frances Mayes. Call for more information and to enroll in this program. Books will be supplied (\$3).

Holiday Luncheon Party December 16th 11am-2pm

- ♦ Holiday Music/Sing-Along with Bob Mosebach
- ♦ Holiday Meal by CW Resources
- ♦ Please register in advance (\$2)



Middletown Fire Department Presentation

Dec. 19th 2:30pm

Please join us in learning about the City of Middletown's Fire Department operations and fire safety. A question and answer period will follow. **Refreshments will be served and there will be a raffle. (Free)**

Monthly Entertainment by singer Shona Kerr

Thursday, December 4th 11am—12pm

Please join us for monthly entertainment led by Shona Kerr. (Free) This unique bassoon/ukulele/voice duo plays Beatles to contemporary hits. Would you like to stay for lunch? Remember to make your reservation in advance with CW Resources at 860-558-5285.

Holiday "Mocktail" & Appetizer Party December 18th 1:30pm (FREE)

Please join us for catered appetizers and "mocktails". This is a free event. Space is limited. Call to register.



Educational Seminar—Foot Care Wednesday, December 17th 2:30pm



Join Janet Leonardi, Coordinator for Risk Reduction Services for an informational discussion. The importance of proper foot care will be discussed. (Free)

Free Medicare Open Enrollment Event
Tuesday, December 2nd
9am-3pm



Schedule your appointment by calling the main number.

Holiday Tabletop Workshop Dec. 3rd
10am-11:30am



Sponsored by Middletown Garden Club (FREE)
Please register in advance.

December Birthday Party



December 5th 2:30pm
Celebrating all December Birthdays. All are welcome.



Bus Trips

Winter Trips are subject to cancellation due to inclement weather.

December

2nd—Foxwoods Casino (9-3) \$4.00—Sold Out

5th—Governor's Mansion Tour/Chowder Pot (11:10-3) \$3.00—Sold Out

9th—Florence Griswold Museum/Illiano's (10-2:30) \$8.00

10th—Hubbard Park Lights/San Souci (4:15pm-7:30pm) \$3.00—Sold Out

15th—Amazing Grace Food Pantry

16th—CT Post Mall (10-3) \$4.00

23rd—CT State Museum of Natural History / William Benton Museum of Art / Wood 'N Tap (10-3) \$4.00

30th—Mohegan Sun (9-3) \$4.00

January

6th—Mohegan Sun Casino (9-3) \$4.00

13th—Christmas Tree Shop/Cracker Barrel (10-3pm) \$4.00

15th—Mark Twain House/City Steam (9:30-3) \$9.00

15th—Amazing Grace Food Pantry

20th—Foxwoods Casino (9-3:30) \$4.00

27th—Mattatuck Museum/Tiramisu (9:30-3) \$7.00 includes 1/2 museum entry

Note: Sign-up day for January trips is December 8th at 10am. We will be using a lottery system for the trips. Lottery numbers will be pulled beginning at 9:45am. The trips will NOT be on a first come first serve basis. Order will be determined randomly.



Winter Storm Policy

- ♦ Check local news stations for notices of Middletown Public Schools.
- ♦ If school are **CLOSED** for the day, there will be **NO CLASSES OR BUS TRIPS**.
- ♦ If schools have a **DELAYED OPENING**, there are **NO MORNING CLASSES OR BUS TRIPS**.
- ♦ If schools have an early dismissal due to snow/ice, **AFTERNOON CLASSES ARE CANCELLED**

Arts & Crafts Project

December 23rd 10:00am

Please join us for our monthly arts & crafts project. Register at the front desk. The cost is \$2 per person for supplies.

Bingo is Cancelled for December 10th & 12th while we transition into our new center. We hope to resume bingo barring any delays on December 17th.

Lunch served daily by CW Resources. Reservations required. (860) 558-5285 Menus available on our website or at the front desk.

Coffee with the Manager **Friday, December 19th 10:30am**

Please join us for coffee and light refreshments with our Manager of the Senior Services Division, Ann Gregg. This monthly program is a chance to meet our manager and discuss any questions or suggestions for programs, events, and entertainment. All are welcome.



December Movies Tuesdays at 12:30

December 2nd—"Miss Potter"

December 16th—"Under the Tuscan Sun"

December 23rd—"Little Women"

December 30th—"The Patriot"



FREE Arthritis Exercise Class **Every Thursday 12:30 pm-1:30pm** **Dec. 4th & 18th**

We are excited to welcome physical therapist, Marcy Henahan from Masonic Home Health and Hospice. Techniques will be taught to improve joint flexibility and muscle strength. **FREE**

Senior Services Division Contact Information

Main Number:	(860) 638-4540
Fax Number:	(860) 343-5427
Senior Services E-mail:	Seniors@MiddletownCT.gov
Senior Services Website:	www.cityofmiddletown.com/seniors
Acting Director:	Debbie Stanley (860) 638-4501
Senior Services Manager:	Ann Gregg (860) 638-4548
Senior Services Coordinator:	Heidi Geores (860) 638-4541
Senior Services Specialist:	Laura Runte (860) 638-4542
Municipal Agent / ADA Compliance Officer:	Laura Runte (860) 638-4542
Program Aide/Custodian:	John Marion (860) 638-4540
Sr. Bus Driver:	Mike Rogalsky (860) 638-4540
Café Manager/Reserve Lunch:	CW Resources (860) 558-5285

Community Café Free Lunch

Winner

Congratulations to Maxine Pope, November's winner. Enter for a chance to win a free lunch, compliments of CW Resources.

October's Brain Teaser Winners

*Karen Bevan, Jane Burr, Nancy Clayton, Gerard Cyr, *Susi Dell-donna, Loretta Dzialo, Joan Fazzino, Robert Hickcox, Stu Lari-bee, Annabelle Malone, Mark Radziwon, Chuck Stanley, Sandra Steele, Rosemarie Vecchitto, & George Zepko*

**Denotes Prize Winner*

Congratulations to all of our winners. Please stop by the Senior Center to pick up December's Brain Teaser.

We are Closed December 25th for the Christmas Holiday



Health Services—Call for Appointments

Blood Pressure Clinic—Every

Tuesday 12:45 (2, 16, 23, 30)

Dental Clinic—Coming Soon

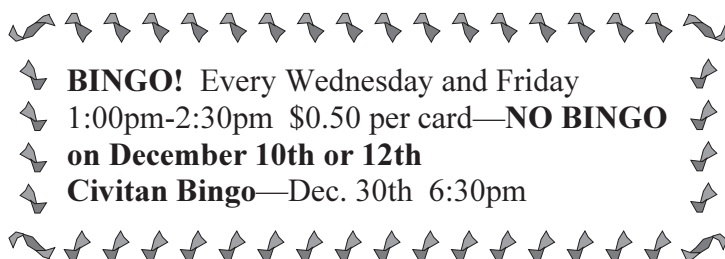
Foot Care Clinic—2nd & 4th Wednesday of the Month 9-3 (17)

Hearing Screening—Third Wednesday of the month 12-1 (17)

Low Vision Clinic—Coming Soon

Massage Therapy 9-2:30 (1, 15)

Reiki 9-12



BINGO! Every Wednesday and Friday
1:00pm-2:30pm \$0.50 per card—**NO BINGO**
on December 10th or 12th
Civitan Bingo—Dec. 30th 6:30pm

Enrichment Programming

Ceramics—Mon & Wed 12:30 (1, 3, 15, 17, 22, 24, 29, 31)

Drawing—Tue 2:30 (2, 16, 23)

Oil Painting—Thurs 1:15 (4, 18)

Recreational Activities

Billiards —Coming this month!

Cable TV —Anytime

Card Games —Thursdays 12:30pm

Computers—Anytime

Knitting —Thursdays 1:00pm

Lending Library —Anytime

Mahjong —Thursdays 9am-11am

Movies —Tuesdays at 12:30

Ping Pong —Call for Reservation

Educational

Fire Department Presentation—Dec 19th 2:30pm

Foot Care Lecture—December 17th 2:30pm

Medicare Open Enrollment Event—December 2nd 9-3— By appointment only

Exercise / Movement— Call for Registration Info

Arthritis Exercise —Thursdays at 12:30 (4, 18)

Dancing for Joy (Parkinson's)- Mondays at 1:30 (1, 15, 29)

Exercise —Mon, Wed at 9am & Thursdays at 10 (1, 3, 4, 15, 17, 18, 22)

Line Dancing —Mon 1:15-2:30 (1, 15, 22)

Tai Chi — Mon at 10:30 (1, 15, 22, 29)

Yoga —Wednesdays at 10-11 (3, 17, 24, 31)



Dial-A-Ride



The fare is \$2.00 one-way. Ap-
pointments for transportation must
be made at least one day in ad-
vance. Please call (860) 347-3313 for more
information or to schedule your ride.

MONDAY		TUESDAY		WEDNESDAY
1		2		
9:00 Exercise 9:00-3:00 Massage Therapy by Appointment 10:30 Tai Chi 12:00 Lunch: Menu available at Senior Center 12:30 Ceramics 1:15 Line Dancing 1:30-2:45 Dancing for Joy		9:00 Bus Trip: Foxwoods Casino 9:00-3:00 Medicare Open Enrollment Event 12:00 Lunch: Menu available at Senior Center 12:30 Wii Bowling 12:30 Movie: Miss Potter 12:45-1:45 Blood Pressure Clinic 2:30 Drawing Class		9:00-9:45 Exercise 10:00 Yoga 12:00 Lunch: Menu available at Senior Center 12:30 Ceramics 1:00 Bingo
8		9		
10:00 Sign-Up for January Bus Trips 12:00 Lunch: Menu available at Senior Center The listed activities are occurring at 150 William Street. All other programming is cancelled while we transition to our new Senior & Community Center.		10:00 Bus Trip: Florence Griswold Pallet Trees 12:00 Lunch: Menu available at Senior Center The listed activities are occurring at 150 William Street. All other programming is cancelled while we transition to our new Senior & Community Center.		12:00 Lunch: Menu available at Senior Center 4:15 Bus Trip: Hubbardston
15		16		
9:00 Exercise 9:00-3:00 Massage Therapy by Appointment 10:30 Tai Chi 12:00 Lunch: Menu available at Senior Center 12:30 Ceramics 1:00 Amazing Grace Food Pantry Bus Trip 1:15 Line Dancing 1:30-2:45 Dancing for Joy Anticipated opening of the new Senior & Community Center. For updates, please call 860.638.4540.		10:00 Bus Trip: CT Post Mall 12:00 Lunch: Holiday Lunch-in w/ Entertainment (Must sign-up in advance) 12:30 Wii Bowling 12:30 Movie: Under the Tuscan Sun 12:45-1:45 Blood Pressure Clinic 2:30 Drawing Class		9:00-9:45 Exercise 9:00-2:30 Foot Care by A 10:00 Yoga 12:00 Lunch: Menu available at Senior Center 12:00 Hearing Screening 12:30 Ceramics 1:00 Bingo 2:30 Educational Seminar
22		23		
9:00 Exercise 10:30 Tai Chi 12:00 Lunch: Menu available at Senior Center 12:30 Ceramics 1:15 Line Dancing 1:30-2:45 No Dancing for Joy		10:00 Bus Trip: CT State Museum of Natural History & William Benton Museum of Art 10:00 Arts & Crafts Project 12:00 Lunch: Menu available at Senior Center 12:30 Wii Bowling 12:30 Movie: Little Women 12:45-1:45 Blood Pressure Clinic 2:30 Drawing Class		9:00-9:45 No Exercise 10:00 Bus reserved by 10:00 Yoga 12:00 Lunch: Menu available at Senior Center 12:30 Ceramics 1:00 Bingo
29		30		
9:00 No Exercise 10:30 Tai Chi 12:00 Lunch: Menu available at Senior Center 12:30 Ceramics 1:15 Line Dancing 1:30-2:45 Dancing for Joy		9:00 Bus Trip: Mohegan Sun Casino 12:00 Lunch: Menu available at Senior Center 12:30 Wii Bowling 12:30 Movie: The Patriot 12:45-1:45 Blood Pressure Clinic 6:30 Civitan Bingo		9:00-9:45 No Exercise 10:00 Bus reserved by 10:00 Yoga 12:00 Lunch: Menu available at Senior Center 12:30 Ceramics 1:00 Bingo

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WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Available at Senior Center</p>	<p>4</p> <p>9:00-11:00 Mahjong 10:00 Bus reserved by Shiloh Manor 10:00 Exercise 11:00 Entertainment by singer Shona Kerr 12:00 Lunch: Menu available at Senior Center 12:30 Cards 1:00 Knitting 1:15 Oil Painting</p>	<p>5</p> <p>11:10 Bus Trip: Governor's Mansion Tour 12:00 Lunch: Menu available at Senior Center 1:00 Bingo 2:30 Celebrating December Birthdays All Welcome</p>
<p>10</p> <p>Available at Senior Center Hard Park Lights</p> <p>Activities are occurring at 150 William Street. All other programming is cancelled while we transition to our new Community Center.</p>	<p>11</p> <p>10:00 Bus reserved by Newfield Towers 12:00 Lunch: Menu available at Senior Center</p> <p>The listed activities are occurring at 150 William Street. All other programming is cancelled while we transition to our new Senior & Community Center.</p>	<p>12</p> <p>12:00 Lunch: Menu available at Senior Center</p> <p>The listed activities are occurring at 150 William Street. All other programming is cancelled while we transition to our new Senior & Community Center.</p>
<p>17</p> <p>Appointment Available at Senior Center Dining Seminar on Foot Care</p>	<p>18</p> <p>9:00-11:00 Mahjong 11:10 Bus Trip: Stoneycress Towers 10:00 Exercise 12:00 Lunch: Menu available at Senior Center 12:30 Cards 1:00 Knitting 1:15 Oil Painting 1:30 Holiday Mocktail Party</p>	<p>19</p> <p>9:00-11:00 Free Manicures 9:00-11:00 Free Tech Support 10:30 Coffee w/Manager Ann Gregg 12:00 Lunch: Menu available at Senior Center 1:00 Bingo 2:30 Fire Department Presentation</p>
<p>24</p> <p>Old Middletown High Available at Senior Center</p>	<p>25</p> <p>CLOSED</p> 	<p>26</p> <p>12:00 Lunch: Menu available at Senior Center 1:00 Bingo</p>
<p>31</p> <p>St. Luke's Available at Senior Center</p>		

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Bus Information for the New Senior & Community Center

This was the latest busing information available at the time this newsletter was printed. Please check with the Senior & Community Center Staff, our Senior Services Division website <http://www.cityofmiddletown.com/seniors>, and our facebook account for updates. **These times are estimates +/- 10 minutes**

VAN # 1 - 16 Passenger (Accessible)

South Green	Sbona Towers	Old Middletown High	St. Luke's	Senior Center
8:30 AM	8:35 AM	8:45 AM	8:50 AM	9:00 AM
9:10 AM	9:15 AM	9:25 AM	9:30 AM	9:40 AM
9:50 AM	9:55 AM	10:05 AM	10:10 AM	10:20 AM
10:30 AM	10:35 AM	10:45 AM	10:50 AM	11:00 AM
11:10 AM	11:15 AM	11:25 AM	11:30 AM	11:40 AM
11:50 AM	11:55 AM	12:05 PM	12:10 PM	12:20 PM
No Bus - Driver Lunch Break				1:00 PM
1:10 PM	1:15 PM	1:25 PM	1:30 PM	1:40 PM
1:50 PM	1:55 PM	2:05 PM	2:10 PM	2:20 PM
2:30 PM	2:35 PM	2:45 PM	2:50 PM	3:00 PM
3:10 PM	3:15 PM	3:25 PM	3:30 PM	3:40 PM
3:50 PM	3:55 PM	4:05 PM	4:10 PM	

VAN # 2 - 16 Passenger (Accessible)

Newfield Tower	Stoneycrest Tower	Pond View	Shiloh Manor	Senior Center
8:30 AM	8:35 AM	8:45 AM	8:50 AM	9:00 AM
9:15 AM	9:20 AM	9:30 AM	9:35 AM	9:45 AM
10:00 AM	10:05 AM	10:15 AM	10:20 AM	10:30 AM
10:45 AM	10:50 AM	11:00 AM	11:05 AM	11:15 AM
11:30 AM	11:35 AM	11:45 AM	11:50 AM	12:00 PM
No Bus - Driver Lunch Break				12:45 PM
1:00 PM	1:05 PM	1:15 PM	1:20 PM	1:30 PM
1:45 PM	1:50 PM	2:00 PM	2:05 PM	2:15 PM
2:30 PM	2:35 PM	2:45 PM	2:50 PM	3:00 PM
3:15 PM	3:20 PM	3:30 PM	3:35 PM	3:45 PM
4:00 PM	4:05 PM	4:15 PM	4:20 PM	

The Senior Services Division staff will maintain a list of everyone intending to utilize these vans. Please sign-up by calling or stopping by the front desk.

Monarca Place and Marino Manor seniors—please sign-up with us for the Middletown Area Transit fare card that will allow you to be dropped off at the Senior & Community Center for no charge.

Anyone else wishing to utilize Middletown Area Transit regular bus routes to get to the Senior Center, we can sign you up for a bus pass that allows you to be dropped off at the Senior & Community Center for no charge.

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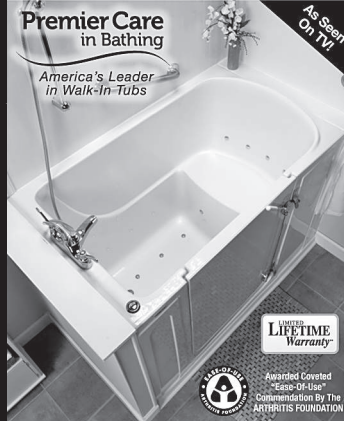
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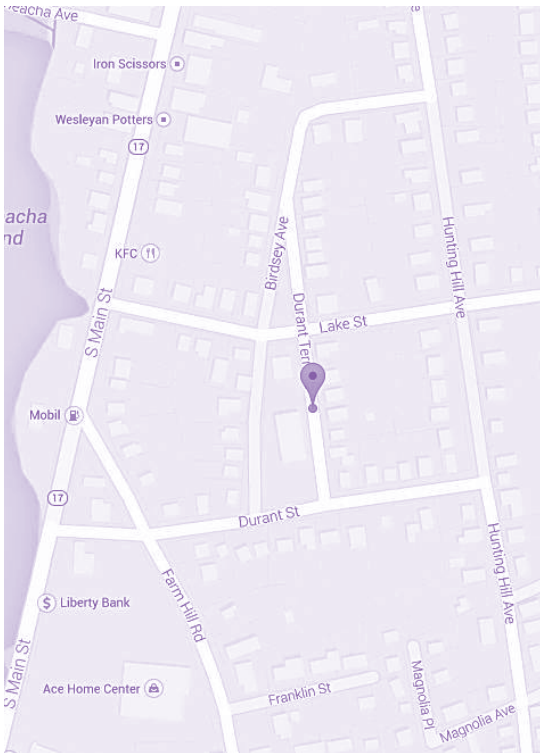
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Middletown

CT 06457

We Are Moving This Month!!



During this month, we will be moving to our new location at 61 Durant Terrace in Middletown. As of the printing of this newsletter, we hope to be operational in our new Senior & Community Center around December 15th barring any unforeseen delays.

As we transition from our William St. location, there will be minimal programming running the week of December 8th through the 12th. We will be open for lunch that week. Lunches will be served at 150 William Street. Our bus sign-up day (12/8) and all scheduled bus trips will depart from 150 William Street. Only programs listed on the calendar pages of this newsletter are running.

You can stay up to date on our progress by checking our website <http://www.cityofmiddletown.com/seniors>, following us on facebook <http://www.facebook.com/middletownseniors>, or speaking to Senior Services Division Staff.